

REPORT OF THE
Payne Whitney Psychiatric Clinic
OF
THE SOCIETY OF THE NEW YORK HOSPITAL
1964



DEPARTMENT OF PSYCHIATRY OF
THE NEW YORK HOSPITAL AND
CORNELL UNIVERSITY MEDICAL COLLEGE

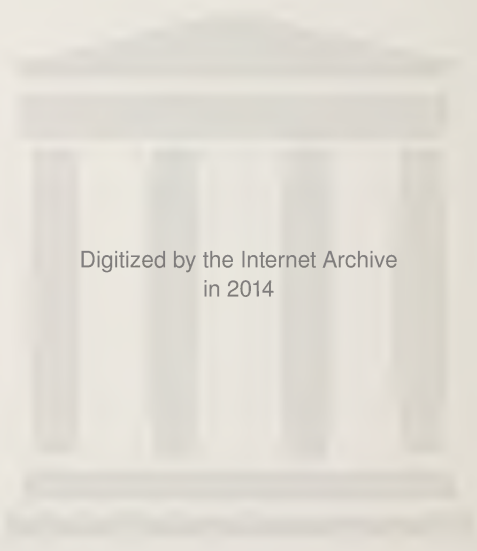
THE NEW YORK HOSPITAL-CORNELL MEDICAL CENTER
525 EAST SIXTY-EIGHTH STREET, NEW YORK 21, N. Y.

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ANNUAL REPORT

DEPARTMENT OF PSYCHIATRY

To the Board of Governors of
The Society of the New York Hospital

Gentlemen:

I have the honor of presenting herewith the report of the Department of Psychiatry in New York for the year ending December 31, 1964.

SCOPE OF CONTEMPORARY PSYCHIATRY

There are many specialties within the specialty which offer richness and complexity to a department of psychiatry. To an extent one may speak of "cross-cultural" psychiatry with reference to the field itself. The set of interests and, to a degree, the set of values of a hospital psychiatrist, a liaison psychiatrist, an administrative psychiatrist, a child psychiatrist, a practicing psychoanalyst, a clinical psychologist, or an investigator, etc., can be quite different. To be sure, within a department, perhaps unlike the situation within a set of diverse cultures in the usual sense, certain fundamental homogeneities of basic importance exist, providing the possibility for communication and coordination. Even here, however, the impact of a rapidly increasing body of knowledge, with the necessity of dividing effort over an ever smaller proportion of the total field, has produced separate groupings of professional people having less than optimal contact or even possibilities of contact with each other. Never has it seemed more desirable within a department to secure the services of an individual with experience in and partial commitment to both clinical and investigative activities, for instance. Yet it is clearly true that concentration of time and effort is required for competence of the first rank in any one of the several possibilities within the department. No easy mixing of competence in several areas occurs within one individual.

Given the rapid current accumulation of biological and psycho-social knowledge and the current magnitude of the psychiatric area over all, it seems quite likely that some treatment methods currently used will be obsolete in twenty years. Accordingly a teaching center in psychiatry must, in addition to imparting information about the best way of managing mental illness, now also provide an exposure to new directions and some experience in how to cope with the unknown and with rapid change. Translated into day-to-day activities of the department, this implies a need for a continuous process of intra-departmental communication and for the selection of priorities for department efforts among the many important activities that are possible if we are to provide care of the first rank, and in order to provide a balanced educational experience for the physicians in training.

1. *PATIENT CARE*

Provision of the best possible treatment of sick patients entrusted to our care, or concerning whom our advice has been sought, continues to be a major and fundamental concern to the whole staff of this Department of the Hospital and the Medical College. We are concerned with the in-patients hospitalized for varying periods in the Payne Whitney Clinic, the patients who attend our psychiatric out-patient clinics, the general hospital patients on other services of the Center for whom we may contribute advice about treatment or management, and for other patients in other settings for whom the staff of this Department may have from time to time advisory responsibilities. A comparison of diagnostic information about patients seen in these various contexts does not indicate any great change qualitatively by diagnoses of the types of illness cared for during this year, as compared with the previous year. It has been the belief of the medical staff, however, that there is a wider range of socio-economic status represented in the in-patient group during the reporting year. It is further the opinion of the medical staff that there has been a greater request for the admission of individuals whose primary symptomatology involves significant behavioral expression of their underlying problems

with associated "acting out" and the concomitant complexities of management. It has been our impression that there have been increasing pressures for us to admit for treatment individuals in the younger adult and adolescent age ranges.

On the in-patient service the over-all responsibility for patient care was carried by the Psychiatrist-in-Chief, William T. Lhamon. Coordination of the clinical service was the responsibility of Richard N. Kohl, who assumed the position of Medical Director. The day-to-day care of patients on the in-patient service was accomplished by the assistant psychiatrists (resident staff) with supervision provided in various amounts by full time and attending staff, including Dr. Helen E. Daniells, Dr. Alexander H. Leighton, Dr. Alfred B. Lewis, Jr., Dr. Thomas J. Luparello, Dr. James F. Masterson, Jr., Dr. Raul C. Schiavi, Dr. Vernon H. Sharp, Dr. Albert C. Sherwin, Dr. Marvin Stein, Dr. Leonard R. Straub, Dr. William H. Wainwright, Dr. Elliott L. Weitzman, and Dr. Peter G. Wilson. Dr. Frederic F. Flach continued the general supervision of the patients on the Metabolic Unit on Three-South. Dr. Alden E. Whitney completed his excellent service as chief resident in July and his position was assumed by Dr. James H. Spencer, Jr.

During the year the nursing service continued its excellent performance of previous years, and the nurses' training and in-service educational programs under Miss Eleanor J. Muhs, Director of Nursing, and her assistant, Mrs. Marjorie T. Nebesky, continued to be effective for maintaining nursing performance within the Clinic.

A director for the Occupational Therapy Department was obtained during the year with the appointment of Miss Margaret H. Stewart to this position in March, 1964. Miss Irene Warsaw, the Acting Director before Miss Stewart's appointment, left to be married and returned in October for part time work. The Department of Occupational Therapy was fully staffed for the majority of the report year, in contrast to the previous year. The Department has contributed actively and effectively to the treatment programs within the Clinic and has conducted some

joint studies with Dr. Robert S. McCully of the psychology group on the graphic and artistic productions of patients.

An important unit within the Clinic is the school which is ably led by Lois J. Maharam, educational therapist. Child and adolescent patients who must be hospitalized can continue to receive schooling and transfer their credits to any public or private school subsequently, if their performance is adequate. During the past year the school activities were moved into a new classroom which was provided in space formerly used for wood-working; this classroom was equipped with individual school desk chairs which seemed to provide a more organized and structured school environment. Volunteer assistants, particularly Mr. Robert Boss and Miss Nan Roberts, were remarkably effective and it is hoped that the volunteer teaching may be expanded. It has been the thinking of the staff that considerable urging is desirable in order that all school-age patients attend school as soon as possible after their admission, even though it may be necessary to alter the program considerably while they are working out some of their problems during their schooling in the Clinic.

The Nutrition Department, directed by Margaret Nielsen, again provided excellent meals for patients at a reasonable cost.

During 1964 Grace C. Newburg, Director of Recreational Therapy, broadened the scope of her department considerably to include visits out of the Clinic to interesting places within the metropolitan area with patients from the fourth and sixth floors. In addition her program for adolescents was broadened, in collaboration with Dr. Arthur A. Anderson, so that all adolescents are brought together each day in recreational and occupational therapy and have group therapy twice a week.

The clinical laboratories continued to cope with the increasing load common to all hospital institutions. The laboratories in the Payne Whitney Clinic, while rendering satisfactory service, are hampered by the need for modernization and by the problems of a high level of atmospheric solids which interferes with the analytic instruments in many cases and which indi-

cates the need for air conditioning of laboratories in the future. A revamping of the laboratory staff under Dr. Peter E. Stokes, Mr. August Santobello, and Mr. Max Beauvoir has improved laboratory efficiency. Dr. Henriette L. Wayne continued to give prompt and helpful electroencephalographic studies where these were indicated. Dr. Stokes continued in charge of the medical consultation services; the numbers of medical and other consultations will be summarized below. Dr. Stokes is of the opinion, as are the other staff members of the Clinic, that we have been receiving during 1964 an increasing number of physically ill patients in addition to expected psychiatric problems.

It may be useful at this point to mention an increasing activity of clinical and experimental psychology during this year as compared to the previous few years. Drs. Robert S. McCully, Bernard Landis, and David M. Clayson were fully occupied in various testing procedures on the in-patient and out-patient services. In addition to this, group therapy instruction, conducted by Dr. Ludwig G. Laufer and Dr. Bernard Fisher, a physician and a psychologist respectively, proved to be of indirect but important assistance in changing and broadening attitudes of all the staff with respect to group activities on in-patient and out-patient areas. There was particular interest among nurses and residents in the expanded program of instruction in group psychotherapy, and this has had an effect in the organization and grouping of ward activities throughout the Clinic with increased participation of the nursing staff in such activities. Contributions of experimental psychologists will be noted below. Mrs. Edna Lerner was added to the clinical psychological staff for the purpose of strengthening and expanding demand for psychological testing. Clinical psychologists conducted some individual as well as group therapeutic activities, under supervision, in the out-patient clinic in addition to their testing of patients and their activities in group psychotherapy educational programs. Furthermore, a number of educational presentations were made to the staff by various psychologists, both from within the Clinic and from outside institutions; the psychological group participated actively in

the teaching activities of the department, including lectures to residents, medical students, nursing staff, and work with individual medical students on a project basis. The group has been active in the production of scientific papers.

The Social Service Department under Mrs. Helen N. Siegrist has been active on both the in-patient and out-patient services. This department is increasing its work on the in-patient service, and during the year had a total caseload of 820 cases, with about 17% of them being on the in-patient service, while about 25% of their total interview time referred to in-patient work.

Statistical information regarding the in-patient service otherwise was as follows: A total of 240 patients was admitted, with a daily average of 85 patients in the Clinic and a total number of 335 patients treated. The total number of women patients treated was 198; the total number of men patients 137. The largest number of patients came from the New York City area (87). Eighty-two came from other parts of New York State, and 71 came from states other than New York. Eighteen patients were transferred from other in-patient services of The New York Hospital. As in previous years, the majority of patients fell within the age group of 20-44 (137); 57 were between the ages of 45 and 59; 23 were 60 and over; and 23 were under 20 years of age. Of the patients discharged, 206 had recovered or were considerably improved; 38 patients showed little or no improvement. This group included patients who came for diagnostic evaluation, or who left within a few days, as well as patients who did not respond well to treatment. No patients died. One patient was transferred to the Westchester Division of The New York Hospital, and 8 were referred to other private or state hospitals. Thirteen patients were transferred to the surgical or medical divisions of The New York Hospital, and 243 visits were made to the general hospital for special diagnostic studies and for various types of somatic treatment, including surgical procedures. This number includes all treatments in Physical Medicine. In addition to the routine examinations of the internal medical aspects, there were also supplementary examinations and treatments by various specialists.

There were also routine ear, nose and throat (25), eye (95), and gynecological examinations; X-ray (479); electrocardiographic (103); and electroencephalographic studies (287). Consultations for special problems were also necessary (107). The Dental Department performed 289 examinations and consultations, including several dental prophylactic applications or required dental treatment. For unusual problems the advice of experts and special equipment were readily available.

Seventy-seven psychoneurotic patients were treated and one patient was treated for what was essentially a character disorder. The interest in the study and treatment of chronic alcoholism has continued to be of considerable importance, and 20 alcoholic patients, as well as 5 patients suffering from dependence upon narcotic drugs, were admitted.

Dr. Edward Y. Liang ably conducted the out-patient clinic during the year and he reports that recent changes in the out-patient department reflect the continuing search for more effective means of treatment and for more efficient ways of distributing available treatment time to meet better the growing needs of The New York Hospital ambulatory patient clinics and the community at large. Such changes, if proven successful, will eventually be incorporated into programs for graduate and undergraduate medical education.

These changes have been heavily influenced by the appearance of an increasing number of chronically ill ambulatory psychiatric patients of modest means who in previous years would have been residents of state hospitals, but who now are seen in every ambulatory clinic of The New York Hospital. Many individuals of modest means have also become aware of the necessity of preventing the onset or exacerbation of mental illness and increasingly have sought psychiatric consultation. In the past year the out-patient department has placed emphasis on the consultative or participant role of the psychiatrist as a means of enhancing his usefulness in community psychiatry.

A brief consultation and therapy clinic has been established in which chronically ill patients, especially those requiring

psychiatric medication, are helped to maintain their highest demonstrated level of function. Where possible the individual's family or associates and community agencies share the responsibility for treatment. At present this clinic has the capacity for 100 cases, this effort being borne by 10% of the psychiatric staff. Thus 10% of the staff are engaged in treating 25% of the registered case load. The time released by this disposition has been used to provide increased teaching and consultation services.

Dr. Joseph Arcuri and Mrs. Nicholas Freyberg are conducting a study of selected cases from this group, emphasizing social factors, for the guidance of graduate and undergraduate trainees.

An additional advantage of this clinic is its accessibility to the acutely ill patient for whom the traditional means of hourly individual interviews are not always immediately available since efficient utilization of the psychiatrist's time makes inadvisable the assignment of blocks of unoccupied time on a scheduled basis. Once the acute illness is controlled, the patient may be referred for more intensive scheduled treatment.

The encouraging experience and interest in group psychotherapy, under the direction of Dr. Laufer and Dr. Fisher, has led to the increase of such groups from 4 to 11. The training of psychiatric nurses and psychiatric social workers as group therapists and co-therapists was successfully introduced and should extend the efficiency of the individual psychiatrist who supervises such treatment. An experimental evening group clinic is progressing under the direction of Mrs. Barbara August. Such a service has the advantage of helping those under stress who are not seriously impaired and who wish preventive help. Eleven psychiatrists (10% of the staff) are engaged in the treatment and supervision of approximately 80 group patients, or approximately 20% of the total registered out-patient department case load.

The majority of the patients (55%) are still being treated individually. They occupy the efforts of 80% of the therapists. This group includes staff and other personnel of The New York Hospital and associated hospitals to whom priority is given in treatment.

Regular meetings are held by representatives of the out-patient department and the research group of the Cornell Program in Social Psychiatry. Through these meetings the work of other community psychiatric clinics is brought to the attention of the Payne Whitney Clinic out-patient department. Discussions are held of social factors which influence the origin, precipitation, and perpetuation of the psychiatric illness and impairment in individuals of low socio-economic standing, the eventual goal of the out-patient department being a gradual movement from the area of treatment to that of prevention and the increasing employment of the psychiatrist in a supervisory role.

In the following presentation of statistical data the emphasis has been placed on clinical service rendered. Sustained psychiatric treatment was given to 1,065 patients, 488 having been registered for the first time this year and 577 carried in treatment from the previous year. Of this number 75% were adults, the remaining being adolescents and children. In all, 12,846 individual visits were made to the out-patient psychiatric clinic, including regular therapeutic interviews, therapeutic visits with families, and cases where sustained treatment was not indicated but where constructive advice or referral was provided. Of the total number of patients seen for the first time, 525, or 33%, were referred by departments in the general hospital and the Personnel Health Service; physicians in the community referred 99, or 6%; medical, social, and educational institutions and friends accounted for 988, or 61%, of the referrals.

The Consultation Service during the year was jointly managed by Drs. William H. Wainwright and Vernon H. Sharp with the help of residents assigned to this service on a rotation basis.

The section of child psychiatry, under Dr. Albert C. Sherwin, and the section on adolescent psychiatry, under Dr. James F. Masterson, Jr., continued to provide care and study of their respective patients as during the previous year. Dr. Sherwin worked closely with the Pediatric Out-Patient Department and contributed to the supervision of some of the younger patients on the in-patient service, as did Dr. Masterson and Dr. William V. Lulow.

2. EDUCATIONAL PROGRAMS

The medical student teaching in all four years continued, with the first year work under the leadership of Dr. William Wainwright, with assistance from Drs. Leighton Lhamon, McCully, Schiavi, Stein and Ethel Tobach. Second year students were taught by Dr. Alfred B. Lewis, with the help of attending and resident staff. Third year students were under the charge of Dr. Richard N. Kohl and the attending staff. Fourth year students were under the charge of Dr. Edward Y. Liang and Dr. William T. Lhamon and spent considerable time in the out-patient clinic working up and treating patients. A number of students engaged in elective research and scholarly work with Drs. Carlson, Fales, Faragalla, Flach, Klebanoff, Lhamon, Liang, Luparello, McCully, Schiavi, Stein, and the Cornell Program in Social Psychiatry, under Dr. Leighton and his staff, in various areas during the school year on elective time and during the summer in sponsored research.

The graduate trainee program (resident program) continued with the usual excellent group of residents. Much of the work of the resident staff involved care for in-patients under supervision, as described in the section on patient care for in-patients above. A number of residents were engaged in investigative work with the Cornell Program in Social Psychiatry, with Dr. Stein whose program of study is in the area of respiration in humans and in animals, and with Dr. Lhamon in the field of perception. Considerable thought was and is being given to the problem of providing an adequate amount of exposure to and time for engagement in investigative work; this problem has not yet been solved, principally because of the large, primary commitment to the problem of providing optimal treatment for a relatively large number of psychiatric in-patients by a relatively small number of psychiatric residents.

The nursing department, under Miss Eleanor Muhs and her associates, conducted both in-service and other types of training programs for nursing students and for graduate nurses. During the summer two doctoral candidates in experimental psychology from the University of Pennsylvania and several other non-

physician students worked as aides on the in-patient service to gain first-hand experience in problems relating to their chosen professions.

3. INVESTIGATIONAL PROGRAMS

With the help of support from the Max C. Fleischmann Foundation, from the National Institutes of Health, and from funds provided by the Medical College, Drs. Fales, Luparello, Schiavi, Stein and various residents and students continued their studies into problems of respiration, asthma, and the related psycho-physiological areas. Dr. Peter E. Stokes contributed to this work and also to studies conducted by Dr. Frederic F. Flach and Dr. Farouk F. Faragalla. Drs. Flach and Faragalla were primarily engaged in studies of mineral metabolism in psychiatric illness; Dr. Flach administered the metabolic unit for this purpose and for the purpose of studies by Drs. Stokes and Lhamon with alcoholic patients. In the Cornell Program in Social Psychiatry, Dr. Alexander H. Leighton, Dr. Dorothea C. Leighton, Dr. Jane M. Murphy, and others worked through the planning process of a program to relate clinical judgments to sociological and psychological survey instruments in preparation for validating in an urban area some of the insights they have gained in a rural area regarding community factors in mental illness.

The section on Human Ecology under Dr. Lawrence E. Hinkle, Jr., jointly sponsored by the Departments of Medicine and Psychiatry, continued to study the effects of early experience on the incidence of disability with occupational factors held more or less constant. Dr. Hinkle's program, as well as Dr. Leighton's, was supported largely by the National Institutes of Health. Dr. Sherwin, in the section on child psychiatry, was engaged in study of parental community integration and the relation of this to development of symptoms in children, supported by the New York City Health Research Council. Dr. James F. Masterson was also supported by the Health Research Council in his study of ways in which adolescent symptoms can be differentiated from phases of adolescent growth. Dr. Lhamon

and Dr. Stokes continued in a study of time perception in individuals with alcohol problems. Drs. Eric T. Carlson, Oskar Diethelm, Jacques M. Quen, and others worked on a series of historical studies ranging from transmission of psychiatric information in medieval times to studies of Benjamin Rush. Drs. McCully and Landis continued studies of symbolism and ego boundaries. During the year Dr. Jerry H. Jacobson from the Department of Ophthalmology established a temporary laboratory in the Payne Whitney Clinic for detailed studies of electroretinography.

4. LIBRARY

During the year the library has been increased by the addition of 357 monographs, 126 periodicals, and 26 theses. Of these the Oskar Diethelm Historical Library received 257 monographs, 22 periodicals, and 26 theses. These were the gifts of the Friends of the Oskar Diethelm Historical Library and of individual donors. The library now contains 7,611 monographs, 3,744 periodicals, and 157 theses of the 16th, 17th, and 18th centuries.

5. CHANGES IN THE MEDICAL STAFF

Drs. Alden E. Whitney, Marvin B. Blitz, and C. Neil Taylor, at the completion of their training, went into private practice in New York City. In December Dr. Elliott L. Weitzman joined the staff as Clinical Director of the In-Patient Service, while Dr. Richard N. Kohl assumed the position of Medical Director; these changes will be discussed in next year's report. Mrs. Edna Lerner joined the staff of the Psychology Department on a half-time basis, while Dr. Nicholas Freyberg joined the full-time staff of the Cornell Program in Social Psychiatry as a research psychologist.

6. CONTRIBUTIONS

The Max C. Fleischmann Foundation of Nevada continued to support studies of a metabolic nature in the Payne Whitney Clinic. The United States Public Health Service provided grants for undergraduate medical student education and also for graduate training; for a special fellowship for Dr. Fales; for a research

career development award for Dr. Luparello; program support for the Cornell Program in Social Psychiatry; for research support of the work of Drs. Stein, Schiavi, and Luparello in asthma and related illnesses; for research support of Dr. Flach's study of the effects of imipramine in depression; and for Dr. Carlson's study of the definition of mental illness. The Beekman Family Association again contributed to the special educational program for the resident staff. The New York City Health Research Council supported research in adolescent and child psychiatry by Drs. Masterson and Sherwin. The New York City Community Mental Health Board continued its support of the adolescent out-patient clinic. Mr. Marshall Field, Jr. continued to support the teaching program for adolescents in the in-patient service and for the teaching of nurses in collaboration with the Knapp Foundation. Mr. Richard Rodgers continued his contribution to the study of adolescent in-patients. Research support was received from the A. C. Goodyear Trust for a program to be set up in audio-visual teaching.

We are again very grateful for contributions from former patients and from friends of the Clinic; we would like to note also a legacy from the Marjorie Veith More Estate both for patient care and to support research by Dr. Hatterer in the area of psychotherapy.

7. ACKNOWLEDGMENT

We herewith acknowledge and express special appreciation to the personnel and staff of the Clinic and of the Center, to the administration of The New York Hospital, Cornell University Medical College, and the School of Nursing for their cooperation and help in meeting the various problems which have arisen.

We are grateful to the members of the Payne Whitney Psychiatric Committee for their continuing advice and support.

Respectfully submitted,

WILLIAM T. LHAMON, M.D.

Psychiatrist-in-Chief.

April 10, 1965

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GIFTS AND BEQUESTS

We suggest that any gift or bequest be made to "The Society of the New York Hospital for the use of the Payne Whitney Psychiatric Clinic."

The Psychiatrist-in-Chief will be glad to give you further information about particular needs, or you may feel free to discuss your plans with any one of the following members of the Payne Whitney Psychiatric Committee of The Society of the New York Hospital: Edward W. Bourne, George F. Baker, Jr., R. Palmer Baker, Jr., Ernest F. Gamache, Walter A. Kernan, Jean Mauzé, and Henry N. Pratt, M.D.

